

MARCH/APRIL 1994

VOLUME 23, #3

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# USA GYMNASTICS

**TAMARA LEVINSON TAKES  
1994 RHYTHMIC  
CHALLENGE TOP SPOT!**

**MIDWINTER FROM EIGHT  
COUNTRIES COMPETE IN  
RUSSIA'S WORLD  
GYMNASTICS CUP**

**KIRRI STING—SACRIFICES  
MADE BY THIS TOUGH  
GYMNAST**

**BY BILL "OUTRAGEOUS"  
ROTH—GRABS ALL THE  
ATTENTION!**

**MIHAI BAGIU  
VAULTS TO THE TOP!**

**Winter Cup Challenge Unveils A Strong  
U.S. Men's Team**

CAMP ISSUE

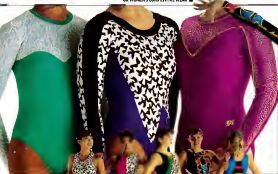


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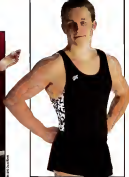
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Gregory Mayette





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# USA GYMNASTICS

MARCH/APRIL 1994 • VOLUME 22 • NUMBER 3



(above) **John Roethlisberger**

## 1994 WINTER CUP

# 13

The Winter Cup Challenge selected the 1994 World Championships Team (Brisbane, Australia) and the 1994 Goodwill Games Team (St. Petersburg, Russia).



(above) **Dominique Dawes**

# 22

## REESE'S WORLD GYMNASTICS CUP

One of the most decorated fields of gymnasts ever assembled, gathered in Baltimore, Md. for this inaugural event.

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(left) **Mihai Bagiu**

# 12

## FEATURE ON MIHAI BAGIU

Mihai's impressive performance at the 1994 Winter Cup Challenge earned him the bronze medal in the all-around.



(right) **Bill Roth**



(left) **Kerri Strug**

# 25

## FEATURES ON KERRI STRUG AND BILL ROTH

Two shining stars on USA Gymnastics' National Team.

COVER PHOTO BY MIHAI BAGIU:  
USA GYMNASTICS © DAVE PLACK







People taking recreational gymnastics probably outnumber those of you who have been in the sport long enough to have reached the right skill level to be able to compete in events. Obviously, we'd like all these young gymnasts to be aware of USA Gymnastics and the various services available to them, like our magazine that has important nutrition information, personality profiles on our National Team member, and coaching tips. We want these young gymnasts to be familiar with our nationally televised events like the McDonald's American Cup or the Coca-Cola National Championships. We simply want the base of gymnasts that we're reaching to grow to new heights.

#### Now here's the difference

Shaq is to portray the hard working basketball professional while Shaq Daddy will portray the basketball star as an off-court entertainer. The Shaq Daddy line will include sandals and casual wear versus basketball wear.

The reason I'm telling you all of this is that USA Gymnastics is also introducing a new product and it is an extension of a current program which is also very successful. While USA Gymnastics has one of the largest athlete membership programs in Olympic sports, that membership is highly targeted toward competing athletes. As all of you know, one of the core benefits of our athlete membership is insurance so young gymnasts are covered when they compete in sanctioned events. As a result, there are many, many gymnasts who are just starting out in gymnastics taking lessons. Competition is not their focal point. In fact, the people taking recreational gymnastics probably outnumber those of you who have been in the sport long enough to have reached the right skill level to be able to compete in events. Obviously, we'd like all these young gymnasts to be aware of USA Gymnastics and the various services available to them, like our magazine that has important nutrition information, personality profiles on our National Team members and coaching tips. We want these young gymnasts to be familiar with our nationally televised events like the McDonald's American Cup or the Coca-Cola National Championships. We simply want the base of gymnasts that we're reaching to grow to new heights.

I'd like to give you a little information about our new athlete membership. It's called Club Gymnastics, and 1991 World Champion Kim Zmeskal has agreed to serve as honorary captain of the Club Gymnastics team as we market and advertise this new membership program.

We're introducing Club Gymnastics with a price of \$19.95 (as in 1996, which is a year we're all looking forward to) and for that membership fee a new member will receive a personalized membership card that's good for a 30% discount on Reebok/USA Gymnastics merchandise, a Club Gymnastics t-shirt, a one-year subscription to USA Gymnastics magazine, and two issues of Club-Gymnastics News. As well, Hilton Hotels is including a gift certificate for a free one night stay at one of their properties.

We hope that we will be able to attract a lot of new members to this athlete program. We also hope that many of them will aspire to be competitive gymnasts and have the opportunity to be an athlete member of USA Gymnastics and participate in sanctioned competitions all across the country. But until they reach that level and are ready to make the commitment that you've made, we're trying to create an opportunity for them to have some of the same benefits that you enjoy from USA Gymnastics.

I can only hope that our "brand extension" will be as successful as those of Hershey and Reebok that I mentioned above. Until the next issue, keep working hard and enjoy your gymnastics! All the best.

## NOTICE TO MEMBERSHIP

The following Membership Statement has been adopted by the Board of Directors of USA Gymnastics.

Membership in USA Gymnastics is a privilege granted by USA Gymnastics. That privilege can be withdrawn by USA Gymnastics at any time where a member's conduct is determined to be inconsistent with the best interest of the sport of gymnastics and of the athletes we are serving.

At times USA Gymnastics may find it necessary to initiate the following actions regarding individual membership in USA Gymnastics:

1. Place a member on probation,
2. Suspend membership, or
3. Terminate membership.

An individual who's membership with USA Gymnastics has been suspended or terminated, may NOT:

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Edw. Peaslee	San Marcos, CA
Joseph Foytelle	Edinburgh, MD
Robert Gasser	Heaton, TX
Robert Owen Hoel	LaGrange, KY
William Hunsinger	Neard, MI



Dear Mary Lou,  
 For 15 years old and a sophomore in  
 high school, I want to know how old is  
 too old to do gymnastics?  
 Jessica Marshall  
 Bedford, Massachusetts

Dear Jessica,  
 It's never too late to start taking gymnastics lessons. It's a fun and wonderful sport for people of all ages. Betty Johnson, 1994 Olympic Team Captain and silver medalist, started gymnastics at a very high program at age 12 and didn't start 195M gymnastics until age 14. Betty was one of the best gymnasts in the country but a few pointers. Don't wait, get started!

Dear Mary Lou,  
 I'm a Level 6 gymnast and a student at Fremont Junior High School. I am writing to you for an amazing summer activity. Please share. Have you studied a foreign language and if so, how do you learn? I've enjoyed reading books and articles about you, and I would appreciate through all your travels it would be helpful to learn several languages. Thank!  
 Linda Everslund  
 Birmingham, Utah

Dear Sarah,  
 I'm curious to say that I don't spend very foreign languages. With me it's travel for international competitions, my teammates and I would pick up a few words from the languages of the country. Please

Send your questions to: USA Gymnastics, Ask Mary Lou, P.O. Box 1365, 301 S. Capitol Avenue, Suite 300, Indianapolis, IN 46225.

definitely would have been very helpful to know the other country's language for communication. This Christmas, I bought myself some Spanish audio tapes and it's my New Year's Resolution to learn Spanish. Wish me luck!

Dear Mary Lou,  
 I was wondering if you ever got tired of training and just wanted to quit? If so, what made you not quit?

Sarah Nixon  
 Springfield, Virginia

Dear Sarah,  
 There were many times when I got dis-

appointed with practice or even though a jump in my workout and wanted to give it all up. I felt like nothing, I would go home and cry. The next day, things were somewhat better. I liked myself for gymnastics and my ultimate goal of someday competing at the Olympics kept me going. Don't give up! Stay in there Sarah!

Dear Mary Lou,  
 We're having a lot of trouble doing a pommel horse and a vaulting post. We are Level 6 and have noticed that even the Level 5 kids are able to do

it. We've practiced for months now and we can't do it. Can you give us some helpful hints?

Bethany White  
 Shelly Johnson  
 Hope, California

Dear Bethany and Shelly,  
 Practice makes perfect! When I was training, that's all we did was press handbars. Believe me, I know they're not fun—but they're very important. A successful handstand is performed on every gymnastics apparatus. The key is having a strong stomach and strong shoulders. The whole press handstand is performed from your center. When you raise your legs above your head, be sure to keep your shoulders strong and as tight.

Dear Mary Lou,  
 I'm a Level 5 gymnast and I would like to know how I can forget a bad score and not be in the next meet without crying?

Brendan Green  
 Auburn, Georgia

Dear Brendan,  
 Have you heard the saying, "No one crying over spilled milk"? There is no way you can change the score or ask the judges if you can perform your routine again. It's over and done with. Show everyone how mentally strong you are by going to your next event and doing a fantastic routine. Don't know that you are overreacting this.

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\*\*\*\*\*

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Resident: \$430 • Day: \$330

Directed by Sachin Hanada, Head Men's Gymnastics Coach at Stanford. He was the 1989 USA Men's Coach of the Year, the 1992 and '93 NCAA Men's Coach of the Year, and a member of the 1992 US Olympic coaching staff in Barcelona. Camp staff will include '92 Olympian Jay Lynch as well as members of the two-time NCAA championship Stanford men's gymnastics team.

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# IRON— CRITICAL TO WORKING MUSCLES

By Don Swardout, PhD,  
RD, LD  
USA Gymnastics National Team  
Nutritionist

Iron is involved in numerous energy-related reactions, especially as they relate to the transfer of oxygen to cells and



- It appears that athletes may be at risk for low iron for several reasons:
- Inadequate iron intake
  - Poor iron absorption
  - Loss of iron via sweat
  - Blood loss of iron in the stomach and intestines
  - Increased red-cell breakdown

the removal of carbon dioxide from cells. This energy-related function makes iron critical to working muscles—so much so that even a small deficiency can negatively impact performance.

Several studies have evaluated the prevalence of iron deficiency in athletes, and it appears that female athletes are more likely to



have low iron levels than male athletes. The risk of iron deficiency is greatest among women of child-bearing age (due to regular monthly iron losses), vegetarian athletes (because meats are the best, most absorbable source of iron), endurance athletes (heavy increased sweat, and urine losses), and growing athletes (because there is a need to manufacture a greater blood volume as the athletes grow.) If an athlete has several of these risk factors (is a vegetarian and is growing), then it gets even harder to acquire enough iron.

Since only 10 percent of consumed iron is even actually absorbed, the recommended intake for iron is adjusted to reflect this absorption rate.

To try to make certain that sufficient iron is consumed, try the following:

- Eat lean cuts of meat and dark poultry several times each week.
- Regularly consume enriched or fortified breads, cereals, and pastas (the flour has iron added).
- Eat fruits or drink fruit juices at the same meals you are eating breads, cereals, or pastas. The vitamin C in the fruit helps the iron to get absorbed.
- Try to limit the intake of bran-added foods. Bran contains no acid (phytic acid) that binds with iron, calcium, zinc, and magnesium, and makes these minerals unavailable for absorption. Whole grain products are great, it's just the bran-added products to watch out for.

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# VAULTING TO THE 'TOP'



## VAULTING CREDIT:

Pommel Horse

## INTERESTS:

Motorcycles and reading motorcycle magazines. Also, Mihai is learning to speak Italian (He speaks Romanian first)

## VAULTING IDEAS:

Not

## VAULTING IDEAS:

Alternative

## VAULTING PHYSICAL HIGHLIGHT:

New Order

## VAULTING FUEL:

None

## VAULTING PLACE TO VISIT:

Today because of the recent turbo and corsets

## RECENT COMPETITION RESULTS

1994 Winter Cup Challenge, Colorado Springs, Colo.: 3rd-AA

1993 U.S. Gymnastics Championships, Salt Lake City, Utah: 7th-AA

1993 XII Trofeo Internacional, Barcelona, Spain: 4th-AA, 5th-BB+CC, 2nd-PE, 7th-DE, 4th-V, 2nd-FF-PB, 7th-FF-PB

1993 World University Games Trials, Colorado Springs, Colo.: 10th-AA

1993 Winter Cup Challenge, Colorado Springs, Colo.: 1-3th-AA



Photo by [unreadable]

By [unreadable]

After an impressive performance at the 1994 Winter Cup Challenge, Mihai Bagiu is currently ranked third on the Men's Senior National Team.

# MIHAI BAGIU

(Ma-hi Bâd-ju)

"It was the best meet of my life," said Mihai. "I'm really excited"

Originally from Timisoara, Romania, Mihai moved to the United States in 1979 with his parents and brother. Gymnastics began for Mihai at age five while still living in Romania.

Now in Albuquerque, N.M., at Gold Cup Gymnastics Mihai is coached by Ed Burch and Ron Howard. He qualified to the 1994 World Championships Team and the 1994 Goodwill Games Team. Although Mihai is in the top of the peck now, it hasn't always been easy for him. He finished 34th all-around at the 1992 U.S. Championships and 38th at the 1992 Winter Nationals. Yet, slowly but surely, Mihai has vaulted into the top of the Senior National Team. Mihai attributes this recent success to his coach Ed Burch. "Ed knows how to train his athletes for specific meets," said Mihai.

Mihai has his sights set on the 1996 Olympics, but in the meantime, "I would like to remain among the top five gymnasts in the U.S. until the Olympics." Of course, Mihai's biggest fan, his wife Kris, will be cheering for him. The happy couple were married in September 1992. Kris is from L.A., and they've made their home in New Mexico.

Although Mihai is in the top of the peck now, it hasn't always been easy for him. He finished 34th all-around at the 1992 U.S. Championships and 38th at the 1992 Winter Nationals. Yet, slowly but surely, Mihai has vaulted into the top of the Senior National Team.



Photo by [unreadable]



# WINTER CUP CHALLENGE

The Winter Cup Challenge took place in Colorado Springs, Colo., March 4-5, at the U.S. Olympic Training Center. John Reuthlisberger defended his national all-around title and won the Winter Cup Challenge by a full point over his closest competitor, Scott Kemwich.



Above: John Reuthlisberger, shows at the 1993 Winter Challenge, won first all-around.

Far Right: Chelsey Langley, shows at the 1993 Coca-Cola National Gymnastics Championships, took fourth all-around.

Right: Scott Kemwich, shows at the 1993 Coca-Cola National Gymnastics Championships, took second all-around.

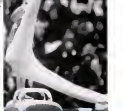
Below Right: Blake Wilson, shows at the Winter Cup Challenge, finished fifth all-around.



## SENIOR NATIONAL TEAM

#	Name	Floor	Horse	Rings	Vault	P. Bars	Uneq.	Total
1	John Reuthlisberger Kentucky	9.750 9.500	9.750 9.500	9.875 9.650	1.000 1.000	9.150 9.200	12.50 14.00	55.875 52.350
								1.171.100
2	Scott Kemwich Utah	9.500 9.500	9.650 9.325	9.400 9.800	9.150 9.150	9.100 9.650	11.00 11.00	54.875 51.250
								116.150
3	Wend Knight Utah	9.100 9.250	9.600 9.325	9.750 9.150	9.500 9.000	9.750 9.150	11.00 11.00	54.750 54.500
								109.450
4	Chelsey Langley Utah	9.650 9.150	9.650 9.150	9.500 9.150	9.750 9.500	9.250 9.200	11.00 11.00	53.750 54.750
								109.400
5	Blake Wilson Ohio State	9.750 9.650	9.650 9.650	9.500 9.500	9.500 9.600	9.750 9.400	11.00 11.00	52.750 54.100
								107.450
6	Grace Hallis Ohio State	9.850 9.650	9.650 9.650	9.800 9.800	9.400 9.400	9.650 9.650	11.00 11.00	53.750 53.250
								106.500
7	Bill Smith Temple	9.400 9.200	9.400 9.050	9.750 9.350	9.300 9.150	9.250 9.200	11.00 11.00	52.850 51.400
								106.450
8	Big Seven Ohio State	9.600 9.100	9.750 9.400	9.250 9.100	9.400 9.150	9.300 9.300	11.00 11.00	51.650 50.350
								104.250

USA Gymnastics



CONTINUED NEXT PAGE







I hope you join me and  
my friends and become a  
member of Club Gymnastics!

Kim  
Finnell  
Kim Finnell, Honorary Captain, Club Gymnastics



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# 1994 RHYTHMIC CHALLENGE

The 1994 Rhythmic Challenge took place February 11-12 in Colorado Springs, Colo., at the U.S. Olympic Training Center. This event determined national team rankings, assignments to international competitions and distribution of Team '96 funds.

Olympian Tamara Levinson won the senior all-around competition followed by Caroline Hunt and Jessica Davis. Levinson is coached by Catherine Yakhimovich at Rhythmix Gymnastics in Silver Spring, Md.; Hunt is coached by Irina Vdovets at Illinois Rhythmics in Wilmette, Ill.; and Davis is coached by Jon Exner at Gymmarin Pacific in San Rafael, Calif.

In the junior all-around competition Natalie Lacuesta from Rhythmic Gems in Evanston, Ill., and coached by Lana Lashoff, won the title. Twelve-year-old Lacuesta's goal has always been to win the Rhythmic Challenge Junior Title, but she didn't think it would happen so soon in her career. She's been training for only four years and placed 13th all-around at the 1993 U.S. Olympic Festival and sixth all-around at the 1993 Coca-Cola Rhythmic National Championships. Lacuesta was followed by Lori Fredrickson from Illinois Rhythmics and Tina Thorp from International Rhythmic Gymnastics. Fredrickson is coached by Vdovets and Thorp is coached by Efrossina Angelova.



Reynolds Lutz



Left: Caroline Hunt, Right: Natalie Lacuesta



AP/Wide World

Left: Jessica Davis  
Right: Tamara Levinson

## TAMARA LEVINSON TAKES TOP RANKING POSITION



AP/Wide World



## Junior Results

#	Name	Club	Height	Weight	Ball	Clubs	Balance	All
1	Teresa + Larissa	Rhythmics	5'00	117.1	1.754	1.294	0.000	28.123
2	Caroline Hunt	R. Rhythms	5'00	112.5	1.254	1.171	0.000	26.175
3	Jessica Davis	Openway Pac.	5'00	107.0	1.000	1.154	0.000	26.000
4	Trisha Simon	Rhythmics	4'10	9.99	1.754	1.000	0.000	25.400
5	Judy Ward	Los Alamitos	4'10	100.0	1.754	1.000	0.000	25.000
6	Kristen Amber Flynn	Gold Rhyth.	4'7.00	100.0	1.625	1.000	0.000	24.500
7	Kristen Patrick	R. Rhythms	4'00	7.00	1.675	1.000	0.000	24.100
8	Alexis Allen	Rhythmics	4'00	7.00	1.254	1.000	0.000	24.000
9	Jaci Hamilton	Rhythmics	4'00	7.50	1.000	1.000	0.000	22.000
10	David Hunt	L.A. Rhyth.	4'00	7.50	1.000	1.000	0.000	22.000

## Senior Results

#	Name	Club	Height	Weight	Ball	Clubs	Balance	All
1	Heidi Loomis	Rhythmics	4'00	119.0	1.000	1.000	0.175	25.100
2	Lee Smithers	R. Rhythms	4'7.50	100.0	1.000	1.000	0.175	23.100
3	Tracy Smith	Los Alamitos	4'00	7.50	1.000	1.000	0.175	24.500
4	Christy	Rhythmics	4'00	100.0	1.000	1.000	0.000	24.000
5	Kevin Lee	Openway PSC	4'7.00	110.0	1.000	1.000	0.000	24.000
6	Sam Lohr	Rhythmics	4'00	100.0	1.000	1.000	0.000	22.000
7	John Kasper	Los Alamitos	4'00	100.0	1.000	1.000	0.000	22.000
8	Heidi Lee	Rhythmics	4'00	100.0	1.000	1.000	0.000	22.000
9	Heidi Lee	Openway PSC	4'7.50	7.50	1.000	1.000	0.000	21.000

(The all-around scores were obtained by dropping the low score for each gymnast and adding the next seven scores.)

# CAROLINE HUNT



PHOTO BY JIMMY HARRIS

CONSISTENTLY AIR THROPPY

Caroline Hunt, who turned "just 10" in July, may be the spunkiest the last 10 years producing for readers in rhythmic gymnastics. Hunt from The Golden State Archery of Orange Rhythms will be searching for a partner.

On her second season finish at the Olympic Challenge Series and "I was excited. I wanted to finish in the top three. I had my own routine. I'll not claim as I'm been working really hard on this."

Hunt is a free-flowing Rhythmic Junior National Champion 1991 and 1992. At 12 years of age, she was the youngest champion from the United States at the 1991 World Rhythmic Series.

## ACHIEVEMENTS

- 1994 Rhythmic Challenge, Colorado Springs, Colo.; 2nd All
- 1993 U.S. Olympic Festival, San Antonio, Texas; 2nd All
- 1993 Rhythmic World Championships, Moscow, Soviet Union
- 1993 Rhythmic World Championships, Atlanta, Ga.; 4th All
- 1992 Rhythmic World Championships, Brussels, Belgium; 23th All
- 1991 International Tournament of Algeria, Porton, Portugal; 17th All
- 1990 Goodwill Games, Spokane, Wash.; 10th All

## Family

Mom, Patricia; dad, Larry, 13-year-old sister Laura; and nine-year-old brother Garvin. Laura handles clubs and Garvin plays hockey.

## School

New Trier Township High School—10th grade

## Hobbies

Dancing, reading, playing tennis

## Favorite Trio

World Championships in Spain—the team had a lot of fun and did very well

## Favorite TV Show

Satford and Sons

## Favorite Part

I've grown about 2½" in the last couple of years

## Future Goals

I'd like to go to the 1996 Olympics, but I know I have to take it a year at a time



PHOTO BY JIMMY HARRIS





# SUMMER CAMP D I R E C T O R Y

## ALABAMA

**1994 University of Alabama  
Gymnastics Camp**  
P.O. Box 253, Tuscaloosa, AL 35686  
(205) 349-4570 or (205) 249-4281  
June 5-10  
June 12-17  
June 19-24  
June 26-29  
Contact: David Peterson or Shad Sims  
Men's and Women's Gymnastics

## CALIFORNIA

**Pooser's Gymnastics**  
2309 El Camino, Suite 101  
Torrance, CA 90501  
(310) 486-1688  
July 11-15  
Men's and Women's Gymnastics

**University of California, Berkeley  
Gymnastics Camp**  
171 Tupper Hall, Berkeley, CA 94720  
(415) 442-0411  
July 21-August 5  
Contact: Mike Mitchell or Carl Gabel  
Women's Gymnastics

**Standard Gymnastics Camp for Girls**  
Department of Athletics,  
Stanford, CA 94305-5030  
(415) 444-2413  
July 9-13  
July 15-19  
July 24-28  
Contact: Beth Greenwald  
Women's Gymnastics

## COLORADO

**Pike Peak Gymnastics Camp 1994**  
5875 Meadow Rd.  
Colorado Springs, CO 80907  
(719) 591-4843  
July 18-19  
July 22-23  
Contact: Ben Gilbert  
Men's and Women's Gymnastics

## FLORIDA

**American Twister Summer Camp**  
2301 NW 35th Ct., #110  
Pompano Beach, FL 33069  
(305) 973-4943  
July 11-15  
July 18-22  
Contact: Clara Phillips or Lisa Rand  
Women's Gymnastics

**Bryant's Gymnastics Master Summer  
Gymnastics Camp 1994**  
4526 N. S. McLean Rd., Orlando, FL 32811  
(407) 244-1200  
July 18-19  
Contact: Jane Yen Hsueh  
Men's and Women's Gymnastics

**Sea Country Sports Center**  
4016 NW 27th Ln., Gainesville, FL 32606  
(904) 378-8711  
June 26-July 1  
Contact: Claude Bennett  
Men's and Women's Gymnastics

## GEORGIA

**1994 Katschinski Athletic Summer Gym  
Camp**  
Kennesaw, GA  
P.O. Box 1247, Kennesaw, GA 30144  
(404) 423-4044  
August 15-19  
August 22-25  
Contact: Joe Rizzo or Nancy Park  
Women's Gymnastics

## ILLINOIS

**Illinois State University Flip-M-Fun  
Gymnastics Camp**  
1716 University Dr., Boone, IL 62225  
Contact: Bill Stachowicz (309) 385-4831  
Contact: Sam Sandberg (309) 385-1437  
August 15-19  
Women's Gymnastics

**Lake Shores Gymnastics Camp**  
20114 S. Golf Way, Lombard, IL 60148  
August 9-12

(304) 745-9137  
Contact: Gary Gordon  
Men's and Women's Gymnastics

**Wings Twilight Gymnastics Camp**  
Wings Fitness Center  
1875 Gateway Center, Boise, ID 83729  
July 18-22  
(204) 374-3641  
Men's and Women's Gymnastics

## INDIANA

**Indy Gymnastics Summer Camp**  
4125 Woodland Drive  
Indianapolis, IN 46208-1347  
(317) 875-5940  
July 11-15  
July 18-22  
Men's and Women's Gymnastics

## MINN

**The University of Iowa Sports Camp**  
214 Field House  
Iowa City, IA 52242-1110  
(319) 335-9714  
June 18-23  
Men's Gymnastics

## MICHIGAN

**4 Star Girls Gymnastics Camp**  
Allentown Terrace, Whitefishport, WI 53195  
July 11-15  
July 25-29  
August 15-19  
(201) 235-8114 (toll-free)  
(201) 582-3134 (toll-free)  
Contact: Rita Seich  
Women's Gymnastics

## MISSISSIPPI

**Thompson Academy of Gymnastics**  
1402 South  
3801 1/2 Highway W., Apple Valley, MN 55124  
August 15-19  
(612) 953-7756  
Contact: Julie Thompson Arns  
Men's and Women's Gymnastics

**Thompson Academy of Gymnastics**  
1605 Edin  
3201 Eden Circle, Eden, MN 55426  
August 13-19  
(612) 953-7756  
Contact: Julie Thompson Arns  
Men's and Women's Gymnastics

## MISSOURI

**Scott's Classic Gymnastics Camp**  
8442 E. Pender Lane  
St. Louis, MO 63126-2226  
(304) 842-2626  
August 1-5  
Contact: Nancy Scott  
Men's and Women's Gymnastics

**Scott's Classic Trampoline and Tumbling  
Camp**  
8442 E. Pender Lane  
St. Louis, MO 63126-2226  
(314) 842-2626  
August 8-10  
Contact: Nancy Scott  
Men's and Women's Gymnastics

**SEMO/University Gymnastics Camp**  
Southwest Missouri State University  
June 12-19  
June 20-24  
Women's Gymnastics

## TEXAS

**Gymnastics Nevada Summer Camp**  
1448 Industrial Way, Sparks, NV 89431  
(702) 335-7755  
June 27-July 8  
July 4-8  
July 11-15  
July 18-23  
Contact: W. Jordan  
Men's and Women's Gymnastics

## VERMONT

**University of New Hampshire-Girl's  
Gymnastics Camps**  
Field House  
14 Miller Street, Durham, NH 03824-2573



(608) 862-1822

June 27-July 1 (day camp)

July 2-8

July 10-15

Contact: Neil Goodspeed

Women's Gymnastics

#### NEW JERSEY

**ALT's for WOMEN SAULTS, Inc.**

745 Alexander Road, Princeton, NJ 08540

(609) 412-0420

June 27-July 3

July 4-July 10

July 11-July 17

July 18-July 24

July 25-July 31

August 1-August 7

August 8-August 14

August 15-August 21

August 22-August 27

Princeton, NJ's, Women's and Rhythmic

Gymnastics

#### NEW YORK

**Team USA Gymnastics Camp 1994**

209 Old Mountain Road

Park James, NY 12031

(914) 614-1144 (2225)

June 27-28

June 29-July 2

July 3-9

July 10-16

July 17-23

July 24-30

July 31-August 6

August 7-13

August 14-20

August 21-27

Contact: Rick Polanco

Women's Gymnastics

#### NORTH CAROLINA

**Team Gold Summer Camp '94**

Contact: Marisa Sharp

American Gold Gymnastics

2601 17th Ave. South, Ashe, NC 28705

(719) 263-0400

June 27-July 1

Women's Gymnastics

#### OHIO

**Rocky's Gymnastics Day Camp**

P.O. Box 345, 5500 Longview Rd

Wesleyville, OH 43081

Contact: Robynne

(614) 815-1410

July 17-22

July 24-29

Men's and Women's Gymnastics

**Hope-Falls Gymnastics Summer**

Camp '94

1004 Penn St., East

South Point, OH 43080

(614) 231-2230

Contact: Nancy or David

June 2-11

June 12-18

June 19-25

June 26-July 2

July 3-9

July 10-16

July 17-23

July 24-30

July 31-August 6

August 7-13

Women's Gymnastics

**The Summer Gymnastics Camp at Oak**

Creek

4400 David Road, Sandusky, OH 44874

(614) 524-4981

Contact: Tom Roszke

Women's Gymnastics

#### OREGON

**Oregon State University Girls**

**Summer Gymnastics Camp**

601 Giddens Room 105

Oregon State University

Corvallis, OR 97331-4101

(503) 737-2832

July 10-15

Contact: Jan Kuylen in Book Room

Women's Gymnastics

**Summer Camp '94-National**

**Academy of Artistic Gymnastics**

146 W. 12th, Eugene, OR 97401

(503) 244-2800 or 344-2001

June 20-August 29

Contact: Sylvia Schaeffer

Women's Gymnastics

#### PENNSYLVANIA

**International Gymnastics Training**

**Camp 1994**

88 S. Box 8022, Shrewsbury, PA 16340

(717) 621-6540

June 19-25

June 26-July 2

July 3-9

July 10-16

July 17-23

July 24-30

July 31-August 6

August 7-13

August 14-20

August 21-27

Contact: Renee Brown

Men's and Women's Gymnastics

**International Sports Training Camp**

88 S. Box 8011C, Shrewsbury, PA 16340

(717) 620-6389

August 7-13

August 14-20

Rhythmic Gymnastics

**Parkettes National Gymnastics**

**Training Center**

401 Marine Lather King Jr. Drive

Allentown, PA 18102

(610) 423-0811

June 28-July 1

July 2-8

July 10-15

July 17-22

Women's Gymnastics

**The Wilson School of Gymnastics and**

**Dance**

Wilson College, Chambersburg, PA 17001

(717) 244-1794

July 4-8

July 25-29

Contact: Joyce Roserle

Women's Gymnastics

**Woodward Gymnastics Camp**

Box 12, Route 45, Woodward, PA 16082

(814) 568-1423

June 5-11

June 12-18

June 19-25

June 26-July 2

July 3-9

July 10-16

July 17-23

July 24-30

July 31-August 6

August 7-13

August 14-20

August 21-27

Men's and Women's Gymnastics

#### VERMONT

**University of Rhode Island**

Marl Field House, Kingston, RI 02881

(603) 793-6667 or

(401) 392-3140

Quinn College

July 19-23

July 17-21

Women's Gymnastics

#### TENNESSEE

**Reno-ville Gymnastics Training Center**

2301 Western Ave., Knoxville, TN 37912

(615) 588-2925

July 17-23

Contact: Lisa Savage or Jeanne Fernald

Men's and Women's Gymnastics

**Reno-ville Gymnastics Training Center**

Power Tumbling Facility

2301 Western Ave., Knoxville, TN 37912

(615) 588-2925

July 24-30

Contact: Jeff Barth

Men's and Women's Gymnastics

#### TEXAS

**BW Boys' Gymnastics Camp**

147 Herman Building, Ft. Worth, TX 76102

(817) 378-8851

June 27-July 3

Contact: Margie Green

Men's Gymnastics

**BW Girls' Gymnastics Camp**

147 Herman Building, Ft. Worth, TX 76102

(817) 378-8851

July 11-15

Contact: Margie Green

Women's Gymnastics

#### UTAH

**Reno Gymnastics**

Box 14 and Mountain Rd.

7520 323-0088

June 28-September 2

(Weekly sessions and day camp)

Men's and Women's Gymnastics

**Richwood Gymnastics Clinic**

1071 Trade Road, Richmond, VA 23236

(804) 794-3303

August 15-18

Contact: Cindy Banks

Women's Gymnastics

#### WASHINGTON

**Paget South Summer Camp '94**

10000 46th Ave. E., Puyallup, WA 98373

(206) 843-0910

June 27-July 1

July 25-29

August 15-19

Contact: Reed Jones or Carlson Stroder

Women's Gymnastics

**Spokane Elite Gymnastics**

834 E. Montgomery #27

Spokane, WA 99204

(509) 934-5584

August 8-12

Women's Gymnastics

#### WEST VIRGINIA

**Elkins Ridge Sports Academy Girls**

**Gymnastics Camp**

P.O. Box 2127

Shenandoah, WV 25443

June 19-24

July 17-22

August 7-12

(201) 233-4116 work

(201) 582-3124 home

Contact: Rene Smith

Women's Gymnastics

#### WISCONSIN

**Lake Okae Gymnastics Camp**

104A, Box 60, Okae, WI 54851

(715) 793-3785

June 5-11

June 12-18

June 19-25

June 26-July 2

July 3-9

July 10-16

July 17-23

July 24-30

July 31-August 6

August 7-13

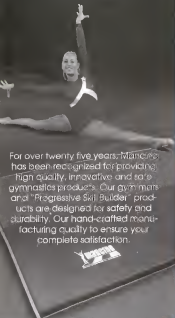
August 14-20

August 21-27

Men's and Women's Gymnastics



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## EVENT SCHEDULE

(Dates & Events Subject to Change or Cancellation)

### MARCH

4-5	McDonald's American Cup (M/W)	Orlando, FL, USA
8	Int'l World Team (M/W)	West Palm Beach, FL
10-13	Apoll Cup (M)	Colonia, FRG
23-26	Cup of City of the Paper (M)	Augsburg, FRG
25-27	American Olympic Nationals (M)	Orlando, FL
25-27	18th Int'l Master Tournament (M)	Katzen, GER

### APRIL

2-3	16th Int'l Rhythmic Tournament (M)	Rudapest, HUN
4-9	21st Int'l Rhythmic Tournament (M)	Prague, CZE
9-10	NCAA Regional Meet (M)	Victoria, CAN
9	NCAA Regionals (M)	TBA
9-10	Eastern Qualifier (M)	TBA
9-10	8th Int'l Rhythmic Tournament (M)	Yverdon, SUI
14-17	USAG Collegiate Championships (M/W)	Denver, CO
15	USAG Int'l Invitational Tournament (M)	Super Grouches, MD
15-17	28th Polish Int'l Competition (M)	Katowice, POL
16-17	1-8 Level 10 Regional Meet (M)	Victoria, CAN
16-17	Western Qualifier (M)	TBA
19-24	Int'l JTF/WJ World Championships (M/W)	Edmonton, CAN
22-23	NCAA National Gymnastics Championships (M)	Brooklyn, NY
22-24	NCAA National Gymnastics Championships (M)	Salt Lake City, UT
23-24	Junior Olympic Championships (M)	Chicago, IL
23-Aug 1	14th Int'l Competition Torino (M)	Auton
24	1-8 Regional Meet (M)	TBA

### MAY

2-7	Grand Prix (M/W)	Amesbury, MA
4-14	FIG Congress	Geneva, SUI
5-7	Cara Cole Rhythmic Int'l Championships	Song Island, NY
5-8	1-8 National, Level 10 (M/W)	Alexandria, VA
6-8	1-8 National (M)	Alpharetta, GA
8	Arthur Gander Memorial (M/W)	Chamonix, SUI
12-15	1-8 National, Level 10 (M/W)	Seattle, WA
12-15	20th Int'l Rhythmic Tournament (M)	Carbiol, FRA
20 & 22	Hilton Challenge Triangular Meet (M/W)	Phoenix, AZ

### JUNE

9-12	Four Continents Championships (M)	Seoul, KOR
10-11	Budget Meet A, C, E, G, Int'l Invitational (M/W)	Worcester, MA
10-25	Coach Workshop (M/W)	Hagerstown, NY

### JULY

1-9	Special Olympics, Rio de Janeiro Games	New Haven, CT
1-10	U.S. Olympic Festival (M/W)	St. Louis, MO
9-9	Boards Into I Gymnastics Cup (M/W)	San Jose, PUR
23-Aug 7	Goodwill Games (M/W)	St. Petersburg, RUS
7-23 Aug	National Gymnastics Festival (M/W)	*Colorado Springs, CO
20-Aug 6	Coach Workshop (M/W)	Wheatland, PA

### AUGUST

4-7	U.S. Olympic Trials (M)	Indianapolis, IN
10-28	Goodwill Games Series (M/W)	Palmer Springs, CA
24-27	Cara Cole Int'l Championships (M/W)	Waco, TX
24-27	USA Gymnastics National Congress	Madison, TN

\* - Tentative

Director of Special Events - John Grotzer



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**Pictured: Shannon Miller,**  
**five-time Olympic medalist**  
**and World Champion**





Have you ever seen a gymnast dance into her mount on the uneven bars or a guy do his floor routine to music? Well, you would, had you been at the Baltimore Arena on January 23 of the Reese's World Gymnastics Cup. Or, you may have caught the action on ABC Wide World of Sports January 29.

All of the participants had one thing in common... he or she had won a world or Olympic medal and had been invited to compete in the Reese's World Gymnastics Cup.

The Reese's World Gymnastics Cup was an individual event and modified all-around competition using uneven bars, balance beam and floor exercise events for the women and floor exercise, pommel horse, still rings, parallel bars and high bar for the men. The event also used a unique scoring system developed specifically for this event. A gymnast could earn a total of 100 points on any one event (30 points for difficulty/ combinations, 30 points for execution, 30 points for exercise presentation, 10 points of bonus points).

One of the most decorated fields of gymnasts ever assembled gathered together in Baltimore, Md., for this inaugural event. Prize money totaling \$50,000 was distributed among the top competitors in each event and the all-around.

# Reese's

## WORLD GYMNASTICS CUP

January 23, 1994 • Baltimore, Maryland



Above: Dominique Dawes displayed her world-class beam routine.

Below: Dariusz Chojnacki entertained the crowd and won the all-around title.



### Floor Exercise

#	Name	Country	Points
1	Okunev Shcherbakov	USA	93
2	Domagala Dawes	USA	94
3	Yelisei Gurya	USA	93
4	Maratov Gadi	USA	93
5	Yelisei Gurya	USA	93
6	Yelisei Gurya	USA	93

### MEN

#### Modified All-Around

#	Name	Country	Points
1	Andreas Wecker	GER	463
2	David Blazynski	USA	463
3	Yelisei Gurya	USA	463
4	Yelisei Gurya	USA	463
5	Yelisei Gurya	USA	463

### Floor Exercise

#	Name	Country	Points
1	Yelisei Gurya	USA	93
2	Yelisei Gurya	USA	94
3	Andreas Wecker	GER	94
4	Yelisei Gurya	USA	94
5	Yelisei Gurya	USA	94

### Pommel Horse

#	Name	Country	Points
1	Yelisei Gurya	USA	94
2	David Blazynski	USA	94
3	Andreas Wecker	GER	94
4	Yelisei Gurya	USA	94
5	Yelisei Gurya	USA	94
6	Yelisei Gurya	USA	94
7	Yelisei Gurya	USA	94

### WOMEN

#### Modified All-Around

#	Name	Country	Points
1	Okunev Shcherbakov	USA	93
2	Domagala Dawes	USA	94
3	Yelisei Gurya	USA	93
4	Maratov Gadi	USA	93
5	Yelisei Gurya	USA	93
6	Yelisei Gurya	USA	93

### Uneven Bars

#	Name	Country	Points
1	Okunev Shcherbakov	USA	93
2	Domagala Dawes	USA	94
3	Yelisei Gurya	USA	93
4	Maratov Gadi	USA	93
5	Yelisei Gurya	USA	93
6	Yelisei Gurya	USA	93
7	Yelisei Gurya	USA	93

### Balance Beam

#	Name	Country	Points
1	Yelisei Gurya	USA	93
2	Domagala Dawes	USA	94
3	Yelisei Gurya	USA	93
4	Okunev Shcherbakov	USA	93
5	Yelisei Gurya	USA	93
6	Yelisei Gurya	USA	93
7	Maratov Gadi	USA	93

### Still Rings

#	Name	Country	Points
1	Andreas Wecker	GER	94
2	David Blazynski	USA	94
3	Yelisei Gurya	USA	94
4	Yelisei Gurya	USA	94
5	Yelisei Gurya	USA	94
6	Yelisei Gurya	USA	94

### Parallel Bars

#	Name	Country	Points
1	Yelisei Gurya	USA	94
2	Andreas Wecker	GER	94
3	Yelisei Gurya	USA	94
4	Yelisei Gurya	USA	94
5	Yelisei Gurya	USA	94
6	Yelisei Gurya	USA	94
7	Yelisei Gurya	USA	94

### Horizontal Bar

#	Name	Country	Points
1	Yelisei Gurya	USA	94
2	David Blazynski	USA	94
3	Yelisei Gurya	USA	94
4	Andreas Wecker	GER	94
5	Yelisei Gurya	USA	94
6	Yelisei Gurya	USA	94
7	Yelisei Gurya	USA	94



## Total Prize Money Earned

Andreas Wecker	\$7,475
Dmitri Bilazerchev	\$2,100
Olga Chusovina	\$4,550
Valentin Margul	\$5,000
Daniela Basso	\$4,400*
Yelena Savitskaya	\$4,390
Yelena Geras	\$3,425
Sylvie Krul	\$3,725
Yelena Olegovna	\$2,825
Sharon Miller	\$2,000
Karenine Devill	\$1,475
Kevin Gohara	\$ 900
David Dixon	\$ 875
Valery Lisovsky	\$ 800

\*Money derived from 1994 Games in eligibility

# WHAT ARE THEY DOING NOW?

## Andreas Wecker

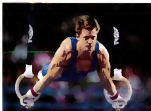
"I'm engaged to be married to a figure skater this summer. We live just outside Berlin, Germany. I'm planning to compete in the 1994 World Championships in Brisbane, Australia. My professor is bailing in the entry. I like to snow ski and would like to go on a holiday to Aspen!"

## Trent Dimas

"I plan to train in part time at Gold Cup Gymnastics in Albuquerque, N.M., with Ed Burch. I'm also planning to work with the Atlanta Committee for the Olympic Games doing motivational speaking for kids—right now we're working out the details of the arrangement. I have about two years of college left and I definitely plan to finish. I would like to compete in competitions here and there because after taking time off from gymnastics my fire has been rekindled. Gymnastics is fun again. The 1996 Atlanta Olympic Games are a possibility but I want to take it slow."



Dimas competes in the 1994 Games.



Bilazerchev competes in the 1994 Games.

## Dmitri Bilazerchev

"I prepare athletes, not as a coach, but more as a promoter. I set up competitions for athletes. I have a wife, Svetlana, and a two-year-old son named Sasha (Svetlana is a former Soviet figure skater). We live in Russia now, but we're planning to move to Texas in March to open a gym. I still plan to do gymnastics and compete in events such as this one."

## Tatiana Gutsu

"I just graduated from high school and I'm thinking of going to college and being a coach. I would like to go to school in Odessa but there are more opportunities for me in Kiev. I have a boyfriend. I like doing exhibitions and wearing costumes. I took time off from gymnastics and now it's much harder to get back into it."



Gutsu competes in the 1994 Games.





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## WHAT ARE THEY DOING NOW?



Liz Roush for the Seattle Times

### Sylvio Kroll

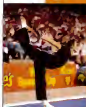
"I have a wife, a daughter who is three and a one year old son. My kids do gymnastics recreationally, whenever I have time to take them. I have a city government job in Germany. I help to raise money for the city. My last competition, prior to the Reese's World Gymnastics Cup, was the 1992 Olympic Games. I can't focus on gymnastics anymore because I have to work and support my family—plus I like playing with my kids in my spare time."



The Seattle Times Photo by Liz Roush

### Betty Okino

"I'm a senior in high school and plan to go to college in the fall. Kim Zmeskal and I would like to go to the same college and room together. We won't be doing gymnastics in college because we're ineligible to compete in the NCAA program. (They both accepted money while competing in gymnastics and that makes them ineligible for NCAA competition.) I would like to be a gymnastics commentator when I graduate. Although I was injured and couldn't compete in the Reese's World Gymnastics Cup, I would like to compete in the event next year."



### FANTASTIC FLOOR!

Vladimir Nazarov, shown at left, entertained the crowd with his winning floor routine.



# THE SACRIFICES ONE MAKES

BY LUAN PEEZEN

BEING A TOP ELITE GYMNAST TAKES A LOT OF HARD WORK AND DEDICATION. THERE ARE A LOT OF GREAT THINGS THAT OCCUR WHEN YOU'RE A TOP GYMNAST, BUT THERE ARE LOTS OF SACRIFICES YOU HAVE TO MAKE. KERRI STRUG WAS THE YOUNGEST MEMBER OF THE 1992 OLYMPIC GAMES TEAM AND SHE PLACED FIFTH ALL-AROUND (COMPETITION I) AT THE 1993 WORLD CHAMPIONSHIPS. SHE'S NOW 26-OLD, STILL DOING SOMEWHAT ABOUT SACRIFICES, AND SHARES SOME OF HER SECRETS WITH US.

**WOW! KERRI, YOU'VE MADE THE 1992 U.S. OLYMPIC TEAM! HOW DOES IT FEEL?**

Wow! I left home in December 1990 to train in Belknap, Ky. It's in Missouri, Texas. I was training with Jim Smith in my hometown of Tacoma, Illinois, but he was also coaching collegiate gymnasts and didn't have a lot of extra time to spend with me. So, I was in a pretty good, high school and started up on NCAA rules. Jim couldn't coach anymore when I became a freshman.

**WAS DEDICATION WHEN YOU WERE 200 POUNDS LESS A REQUIREMENT?**

Yeah! I left right after the 1991 Olympic Games because Belknap pulled me out of training. I really miss him. He was a great coach.

**WAS DEDICATION TO BE A TEAM MEMBER AND TO BE THE YOUNGEST MEMBER OF THE TEAM?**

Yeah! I injured my stomach muscle during training in the end of October. I continued training but the injury kept getting worse. The doctor said I had my stomach muscle about a quarter of an inch. He told me to take a minimum of eight weeks off and let it heal. Despite my injury, I left for competition in November.

**YOU INJURED YOUR RIGHT CALF AND YOUR WHOLE BODY FOR THE 1992 U.S. OLYMPIC GAMES. TONY GALT, OVER CHIEFMAN, SAYS YOU HAD A VERY GOOD AND TIGHT BODY. HOW DID YOU FEEL ABOUT YOUR BODY?**

**USA: I REMEMBER WHEN I WAS 16, I WAS 110 POUNDS AND I WAS A VERY GOOD GYMNAST.**

**How do you feel going into the new and working hard daily?**

Unfortunately, I won't be full on the team for the American Cup or the American Classic which qualifies the athletes into



**FAVORITE COLOR:** PINK OR BLUE. **FAVORITE FOOD:** SWEET POTATOES, SPAGHETTI, FROZEN YOGURT. **FAVORITE TRIP:** OLYMPIC GAMES IN BARCELONA, SPAIN. **PETE:** I HAVE A SHELTIE (DOG) NAMED SANDY. SHE'S HAPPY I'M HOME BECAUSE I ALWAYS FEED HER A LOT AND GIVE HER ATTENTION.

the 1994 World Championships Team in Brisbane, Australia.

**USA GYMNASTICS: WHAT ARE YOUR GOALS?**

Kerri: First to get healthy and then to make it to the Team World Championships the November in Dortmund, Germany. My long-term goal is to compete in the 1996 Olympic Games. I figure maybe the injury was a good thing in the long run because I'm taking a break and I'll be ready to come back motivated and strong.

**USA GYMNASTICS:**

**YOU SAID THAT YOU WERE BACK IN THE U.S. WHEN WITH YOU WERE INJURED?**

Kerri: The training at Gymnastics World in Tucson, Ariz. The gym is owned by Patrick Tanabe and Jerry Hicks. The network of traveling coach came in often to help our team.



Photo © 1994 USA Gymnastics

**USA GYMNASTICS: I HEARD THAT YOU WILL HAVE YOUR FIRST TAKE-AWAY STEPPED ANGLE. CAN YOU TALK US ABOUT THAT?**

Kerri: Popping to be on the bar when which will all conclude in April. The show is all about training us and they're doing a contest during the course of 7 or 8 months.

Kerri: The only reason other gymnasts on the show live around because I've never done this before.

**USA GYMNASTICS: GOOD LUCK WITH THE SHOW AND GOOD LUCK WITH TRAINING. WE'LL BE WAITING FOR YOUR RETURN IN THE MAJOR COMPETITIONS!**

Thanks to USA Gymnastics and the Elite Olympic program, I'm really lucky to train with Coach Peters, Arthur Daniels and Mariel Greenfield.

**USA GYMNASTICS: KERRI, LISTED, WHILE FROM FAMILIES FROM A LITTLE OVER THREE YEARS. WHAT'S THE BEST PART OF BEING HOME?**

Kerri: Definitely being with my parents and living in my own house. I'm a pretty strong old school, American country they do and most of my friends are still there.

**USA GYMNASTICS: WHAT WAS THE BEST PART OF LIVING AWAY FROM HOME?**

Kerri: The training. For I had a lot of responsibility and had to grow up faster than I was living with my parents. When I go away to college it won't be so hard now because I've already had to deal with being away.

**USA GYMNASTICS: LISTED, ARE YOU WHEN YOU WANT TO GO?**

Kerri: I hope to visit a bunch of colleges first and then make a decision. I've kept my eligibility as I definitely want to do gymnastics in college and hopefully earn a scholarship.

## RESULTS

1993 Arthur Gander Memorial, Montreux, Switzerland; 4th-AA

1993 Coca-Cola National Gymnastics Championships, Salt Lake City, Utah; 2nd-AA & FX, 2nd-UB, 4th-V

1993 World Championships, Birmingham, Great Britain; 5th-AA (Comp. I), 5th-V, 4th-FX

1992 World Championships, Paris, France; 4th-V, 7th-UB, 10th-FX (semi-final)

1992 Olympic Games, Barcelona, Spain; 3rd-Team, 14th-AA (Comp. I)

1991 World Championships, Indianapolis, Ind.; 2nd-Team, 15th-AA (Comp. I)



Photo © 1994 USA Gymnastics

IT MAY BE  
HARD BUT IF  
YOU THINK  
IT'S IN YOUR  
BEST  
INTEREST  
YOU SHOULD  
TRY IT. IF  
THINGS  
DON'T WORK  
OUT YOU CAN  
ALWAYS GO  
HOME.



By **Samuel Robinson**

You might have noticed something a little bit different about Bill Roth—his routines. Bill's outrageous routines are simply an extension of his personality! He wants to stand out, and **he's got it.**

More on next page

# Bill Roth's outrageous routines

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Recently he placed seventh at the 1994 Winter Cup Challenge in Colorado Springs, Colo., once again placing him on the U.S. Senior National Team. Due to an accomplishment for someone who had been rehabilitating from injuries during the 1991 and 1992 seasons, Hill underwent three surgeries during that time period due to a ruptured tendon in his left knee and a

herniated tendon on his left side. In addition, he had to have ACL reconstruction on his left knee.

Coached by his father throughout his high school career, Hill was a national in the gym. "My whole family did gymnastics, so it was natural for me to get involved," says Hill. His father is also a gymnast, and his 100 jumps earned 20 to 22 hours including every week. "I was always participating in gym," says Hill. "I was always in the gym, so I was always in the gym."

## recent competition results

Hill has his sights set on 1996, and he seems to be on the right track. His number one goal is to make it to the Olympics in Atlanta, Ga. But he doesn't want to stop there. Hill added, "My goal is to do gymnastics into my late 30's, maybe even early 40's. I want to be a professional." Hill's recent results include:



1994 Winter Cup Challenge, Colorado Springs, Colo.

1994 Winter Cup Challenge, Colorado Springs, Colo.

1994 Winter Cup Challenge, Colorado Springs, Colo.

1994 Winter Cup Challenge, Colorado Springs, Colo.

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1994 Winter Cup Challenge, Colorado Springs, Colo.

1994 Winter Cup Challenge, Colorado Springs, Colo.

1994 Winter Cup Challenge, Colorado Springs, Colo.







<b>Personal Items</b>		
1. Pumping up	100	9.10
2. Floor exercise	100	9.00
3. V.I.T. (volleyball)	100	9.00

<b>Removal of Bar</b>		
1. Free routine	95	9.00
2. On bars (volleyball)	95	9.00
3. Free routine	100	9.10

## TOKYO CUP

### Women's Results

<b>Final</b>		
1. Japan (Sakuma)	99.5	9.10
2. New Zealand	97.5	9.00
3. Japan (Hase)	95	9.00
4. New Zealand	95	9.10

<b>Bars</b>		
1. USA	98.5	9.10
2. New Zealand	88.5	9.00
3. Japan (Hase)	95	9.00

<b>Beam</b>		
1. USA	100	9.10
2. Japan (Hase)	95	9.10
3. New Zealand	95	9.00
4. Japan (Hase)	95	9.10

<b>Free</b>		
1. Japan (Hase)	95	9.10
2. USA	95	9.10
3. Japan (Hase)	95	9.10

### Men's Results

<b>Final</b>		
1. Netherlands	95	9.10
2. New Zealand	95	9.10
3. Netherlands	100	9.10

<b>Personal Items</b>		
1. USA (Hase)	95	9.10
2. Japan (Hase)	100	9.10
3. USA (Hase)	95	9.10

<b>Bars</b>		
1. USA (Hase)	95	9.10
2. USA (Hase)	100	9.10
3. Japan (Hase)	100	9.10
4. USA (Hase)	95	9.10

<b>Beam</b>		
1. USA (Hase)	95	9.10
2. USA (Hase)	100	9.10
3. USA (Hase)	100	9.10

<b>Free</b>		
1. USA (Hase)	95	9.10
2. USA (Hase)	100	9.10
3. USA (Hase)	100	9.10

<b>Final</b>		
1. USA (Hase)	95	9.10
2. USA (Hase)	100	9.10
3. USA (Hase)	100	9.10

## JUNIOR PACIFIC ALLIANCE CANNBERRA, AUSTRALIA

The USA athletes competing at the Junior Pacific Alliance included: Gymnastics (Suzanne Thompson, Renee Moore and Scott Malone) and American Tumble (Scott Malone). The USA team earned the silver medal with a 9.5.05 behind China with a 10.5.00.

Thompson won third all-around and took first on beam and floor. Moore earned second on beam with a 9.505. Malone earned third on bars with a 9.487. Malone placed third on vault with a 9.300 and fourth on floor with a 9.505.

### TEAM

1. China	10.5.00
2. United States	10.0.05
3. Australia	10.1.20

### ALL-AROUND

1. China (Hase)	9.85	29.875
2. China (Hase)	9.85	29.100
3. Japan (Hase)	9.54	29.100
4. Australia (Hase)	9.40	29.100
5. Australia (Hase)	9.40	29.100
6. Australia (Hase)	9.54	29.100
7. Japan (Hase)	9.54	29.100
8. Australia (Hase)	9.54	29.100



# JOAQUIM BLUME MEMORIAL COMPETITION

DECEMBER 4, 1993 • BARCELONA, SPAIN

Kellie Davis from American Tumble in Pompano Beach, Fla., and Mike Boggs from Gold Cup Gymnastics in Albuquerque, N.M., traveled to Barcelona, Spain, for the Joaquim Blume Memorial Competition—their first international competition.

Included in the USA delegation were coaches Tina Rand and Ed Burch, as well as judges Ken Allen and Corinne Maloney.

Davis hit all four events to earn fifth all-around. Boggs took second on pommel horse with a 9.55 and finished sixth all-around.

### RESULTS:

<b>Women</b>		
1. Kellie Davis	9.55	29.100
2. Tina Rand	9.55	29.100
3. Mike Boggs	9.55	29.100
4. Suzanne Davis	9.55	29.100
5. Kellie Davis	9.55	29.100
6. Kellie Davis	9.55	29.100

### Men

1. Kellie Davis	9.55	29.100
2. Tina Rand	9.55	29.100
3. Suzanne Davis	9.55	29.100
4. Mike Boggs	9.55	29.100
5. Kellie Davis	9.55	29.100
6. Kellie Davis	9.55	29.100

Right: Kellie Davis, pictured at the 1992 Gold Cup National Gymnastics Championships



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#### MARY JOE & DALE ROEHRIG:

Camp Directors

#### GINNADI KRISSEINE:

1976 Olympic Silver Medalist  
1978 World Championships Silver Medalist  
Presently Men's Program Director, Head Coach  
National Gymnastics Academy

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#### NIKOLAI ANDRIANOV:

1976 Olympic A.A. Gold Medalist  
1972-1980 Olympic Gold Medalist  
Presently National Sr. Men's Head Coach,  
Russian Federation

#### LUBA BORDA-ANDRIANOV:

1972 Olympics - 3 Gold Medals  
Presently President & Head Coach,  
Private Russian Gym

#### YURI KOROLOV:

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1986 World A.A. Champion

#### ELENA SUSHUNOVA:

1985 World A.A. Champion  
1988 Olympic A.A. Champion

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1:30 - 2:00 p.m.	Camper Clinic
2:00 - 5:00 p.m.	Afternoon Classes or Afternoon Activities
5:00 - 6:30 p.m.	Dinner
6:30 - 8:00 p.m.	Evening Open Workout or Recreational Activity
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## Faces in the gym

### ANGIE LIMBAUGH

AGE, 1984

Angie, 14, who competes for the Cardinal Gymnastics Club in St. Louis, was voted the "1995 Newcomer of the Year" to qualify for the team. She placed first in vault, bars and floor and second on beam to win the all-around at the level 1 State Meet last spring. Angie's coach is K.J. Mueller and Gary Edwards is the team's representative for level 1B. In her first meet in December she placed first on vault, bars and end of crowd.



### CASEY HENRY

OLIMARCO, MICHIGAN

Being her first year of competition at level 1, Casey, who is only 14 years old, was fourth at the Junior Championships in Bay City, Mich. Gymnastically, 25.50 all-around and the gold medal. She also won gold medals on bars and beam while she placed third on vault. Casey coached by Auguste Kuyper, Greater Lakeshore World Gymnastics.

### KATIE HALL

YEA, MISSOURI

Katie is 17 years old, volunteer at Olympics of Yola in level 2 in the Pan Am City. She is a member of the Yola team. Katie was first on vault, bars and all-around, second on floor and third on beam. Katie and her teammates finished a competitive team competition. She is coached by Mike Robinson and Marlene Robinson.



Would you like to be included in the Faces in the Gym Section? Send a recent photo and a paragraph of information for **USA Gymnastics, Faces in the Gym, Pan American Plaza, 301 S. Capital Ave., Suite 300, Indianapolis, IN 46225.**





**SKYLAR INMAN**  
WINTERBEE, NORTH CAROLINA

Skylar is 11 years old and is level 4 North Carolina State Champion. She placed first in the all-around and floor exercise. She competes for Lexington Gymnastics Academy and is coached by Marilyn Ponder. Prior to the state meet, Skylar won first place at six events. She was in the competition in 1993. She was training in Level 4.

**ELIZABETH KIDMER**  
LANSING, IOWA

Elizabeth, 15, from the Independent State of Iowa placed first in the all-around. She placed first in the all-around, vault, bars, beam, and floor exercise. She is coached by her mother, Shirley, and is a member of the Iowa State University. She is a member of the Iowa State University. She is a member of the Iowa State University. She is a member of the Iowa State University.



**ROBERT RODRIGUEZ**  
HUNTER, MICHIGAN

Robert, 17, competes for the USA Olympic Program and is coached by Larry Hunsley. Robert is a State All-Star. He is a member of the USA Olympic Program. He is a member of the USA Olympic Program. He is a member of the USA Olympic Program. He is a member of the USA Olympic Program.



Photos can be black and white or color. Sorry, photos cannot be returned. We'll select a few entries for publication in the magazine each issue. Hurry and send your entry today. We're all waiting to meet you!

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# 1993 WOMEN'S COLLEGIATE GYMNASTICS ATTENDANCE BASED ON HOME AVERAGE

School	Total	Average
1. Utah	65,838	13,164
2. Alabama	32,981	6,596
3. Georgia	30,635	6,128
4. Oregon State	35,834	7,167
5. Penn State	12,382	2,476
6. Utah State	32,686	6,537
7. Florida	15,902	3,180
8. Missouri	12,528	2,506
9. Auburn	8,756	1,751
10. Minnesota	2,638	528
11. Boise State	10,714	2,143
12. Louisiana State	6,225	1,245
13. Southern Utah	6,000	1,200
14. S.E. Missouri State	8,451	1,690
15. Tucson State	5,796	1,159
16. Kentucky	4,180	836
17. Cal State Fullerton	3,958	792
18. Rhode Island	3,137	627
19. Wisconsin River Falls	2,500	500
20. North Carolina State	3,500	700

This information was provided by Utah State.



## DEE FOSTER CANDIDATE FOR THE HONDA AWARD

the University of Alabama was one of 10 candidates for the Honda Award—the top honor given women collegiate athletes which recognizes collegiate athletic achievement.

Foster, a former USA National Team member, won the all-around at the NCAA Championships in 1990 and led her Alabama team to the championship title in 1991.

Winners of the Honda Award were named through a national vote involving more than 800 NCAA-member schools. Nominees were selected according to the procedures developed by the collegiate committees governing each sport.

This year's winner was softball player Lisa Fernandez of UCLA.

## GOODWILL

From left to right: John Benfildorfer, Scott Benfild, Matt Benfild and Quincy Benfild.







## TEAM WORLD CHAMPIONSHIPS FORMAT

Approved by the Executive Committee of the Federation of International Gymnastics, both the men's and women's competition at the 1994 Team World Championships in Dortmund, Germany, November 11-20, will compete in a team format. Teams will be randomly drawn into the six subdivisions for women and the four subdivisions for men. In other words, the U.S. team will be able to compete in the same subdivision and cheer one another on!

# G A M E S T E A M

John Roethlisberger, Scott Kewick, Mithai Bogus and Chaney Umphrey have qualified to the 1994 Goodwill Games Team by their performance at the 1994 World Cup Challenge.

The Goodwill Games are an international, multi-sport invitational competition that unites the world's best athletes every four years. St. Petersburg, Russia, will host the 1994 Games, July 29-August 7. Approximately 2,000 athletes from more than 50 countries are expected to compete in 24 sports.

TBS Superstation will telecast 64 hours of original prime time coverage (8:05 p.m. - 12:05 a.m., ET) during the 16-day period of the Games, plus 64 hours of encode coverage (9:05 p.m. - 1:05 a.m., ET). ABC Sports will broadcast 17 hours of weekend afternoon coverage.

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If you would like to ask Kim Zmeskal a question, write to: ZMS Gymnastics, Chalk Talk, P.O. Box 1444, Englewood, CO 80150, or to: Capital Ave., Suite 210, Indianapolis, IN 46225.

Dear Kim,  
I know that by the present that you are a takes devotion and long-hair and work. That you ever have time to have a boyfriend?

Rene Piers  
Hawthorne, California

Dear Kim,  
My male friends were never more than friends. With my training schedule, my two main friends were better. I was very determined to be the best gymnast that I could be and I felt that it would be easier to stay focused on my goals without a boyfriend.

Dear Kim,  
I'd like to tell you that you have been a big inspiration to me and you are an amazing person. I also wanted to know if you are the person who you think you are most proud of, who were your friends with while in competition?

Dustin Tate  
Chicago, Illinois

Dear Debbie,  
The future of USA Gymnastics looks very bright. Our Junior National Champion, Jenise Thompson, has displayed her talent tremendously well. Many of the Junior Team members have already won international medals. My closest friends

throughout my career have been Betty Olson, Julie Salts, Amy Scher, Willy Brink, Kelly Wilson and David King. We still try to stay in touch as much as possible. My friendships with these girls will always be special to me because I met them in the toughest times of my life and we have grown together.

Dear Kim,  
When I was watching the Olympics, the commentator said that Betty Olson knew Romanov and when the U.S. competed against the Romanovs, she would tell your team so that they could be their best.

Jenny Fackner  
Columbus, Michigan

Dear Jenny,  
Fortunately, Betty does speak and understand Romanian. It was quite interesting to see her communicate with the Romanov team much easier.

Thanks to Betty, we've gotten the opportunity to have more about these athletes, as well as their lives in a country very different from our own.

Dear Kim,  
I am 9 years old and I am a Level 4 gymnast. I am 5'10" and I'm embarrassed because I'm so short. Do you ever feel short? What should I do to deal with it? Did you ever get picked on?

Andrea Brink  
Crystal Lake, Illinois

Dear Andrea,  
What a coincidence! I was 5'10" when I was also your age. One time I even managed to grow over one foot but it didn't bother me too much. I do feel short in large crowds and when I stand next to my best friend Betty Olson. Some

Kim Zmeskal was three times an Olympic U.S. Champion. She was the World Champion in 1986 and contributed to the U.S.'s bronze medal in the team competition at the 1992 Olympic Games.

of my closest friends about my height but they don't let it to bother me. As long as you keep your chin up and have confidence in yourself, people won't look down at you.

Dear Kim,  
I was wondering if you would ever change your mind about back-to-back training and go for the 1996 Olympics?

Sarah Piers  
Springfield, Virginia

Dear Sarah,  
Right now I am still training, mostly for exhibition. I'm finishing my senior year of high school. I'm focused on my training and I'll be making more definite plans about my future then.

Dear Kim,  
Why do some judges have a hard time to know if someone is a good or a bad competitor and some judges are very hard to know if someone is a good or a bad competitor?

Corey Palmer  
Pawling, Michigan

Dear Corey,  
In contrast to a sport like basketball, which the referee is directly observed by, the referee who observes the final line of gymnastics is a subjective sport. The observer's opinion is often in the hands of the judges and it is difficult for everyone to be satisfied with the judging.



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## RHYTHMIC INTERNATIONAL EXCHANGE

By Kelly Truesdell

Atlanta International Rhythmic Gymnastics Center was host to the Russian National Rhythmic team over the winter holidays. The Russian delegation included the 1993 World Bronze medalist,

Anna Zampova, the 1993 European Jr. Silver medalist, Yana Bratschina, and the 14-year-old rising star Anna Solodova.

The Atlanta girls, coached by Marina Davudovich, were happy to experience the training regime that has turned out world champions!

### BUD WILKINSON

After a long illness, Bud Wilkinson died Wednesday, February 5, at age 73. Wilkinson served as the president of the United States Gymnastics Federation in the early 80's. Wilkinson has been the President of USAG since 1988.

"Bud became president of the federation during a very trying time," said USA Gymnastics Controller John Hewitt. "His helpful guide the Board of Directors down the path to success that was achieved in 1984 and has been maintained since that time."

Wilkinson won three national championships at Oklahoma and led the Sooners to an NCAA 8- record 49 straight victories. He was a member of the National Football Coaches Hall of Fame. He has served as an analyst for ABC and ESPN.

## CAN YOU NAME THE MEN'S SENIOR NATIONAL TEAM?!

(answers on page 60)

- 1
- 2
- 3
- 4
- 5
- 6
- 7







## USOC SPORTSMAN AND SPORTSWOMAN OF THE YEAR

Each USOC member organization selected a male and female athlete of the year for 1990. These athletes were then placed on a ballot and voted on by members of the national media, USOC Board of Directors and the USOC Athletes' Advisory Council to select the overall winners. Results are shown at right.

### TOP 10 SPORTSWOMEN OF THE YEAR

Rank	Name	Sport	Points
1	Gail Davies	Athletics	538
2	Shannon Miller	Gymnastics	526
3	Bonnie Blair	Speed Skating	367
4	Jenny Thompson	Swimming	346
5	Rebecca Twigg	Cycling	302
6	Piccola Street	Sliding	152
7	Mary Ellen Clark	Diving	133
8	Decky Byron-Lewis	Synchro	131
9	Frances Stradman	Shooting	121
10	Lisa Leslie	Basketball	114

### TOP 10 SPORTSMEN OF THE YEAR

Rank	Name	Sport	Points
1	Michael Johnson	Athletics	478
2	Bruce Broussartier	Wrestling	410
3	Wendel Seckow	Logo	310
4	Brian Skinner	Baseball	297
5	Pete Sampras	Tennis	292
6	Lance Armstrong	Cycling	227
7	Scott Simpley	Canoe Kayak	153
8	Jack LaLanne	Shooting	140
9	Eric Nussmeier	Swimming	131
10	Darren Drafart	Baseball	124







## DAWES GETS LOTS OF INK!



Dominique Dawes is getting lots of ink these days. . . Harper's Bazaar magazine flew her to New York on January 31 for a photo shoot and she'll be featured in the March or April issue. . . People magazine has selected Dominique as a nominee for the "50 Most Beautiful People in America." If selected for this section, Dominique will appear in an upcoming issue of People. . . Aftertaste magazine recently requested biographical information and photos on Dominique, so watch this national publication as well.



## IS ONLINE!

The newest computer service is devoted entirely to gymnastics and is operated by USA Gymnastics. USA Gymnastics Online®, a custom service of Delphi, is growing its membership every day as people all across the country who have computers with modems sign up to join in the online fun.

There are conferences, libraries of files you can download, articles you can read, and you can send electronic mail direct to USA Gymnastics plus much more. Delphi & USA Gymnastics Online are part of the worldwide data highway called the Internet, so if you have an Internet account you

can send electronic mail to us at USGFO@delphi.com.

Already more than 1,000 people have accessed the system since it began operation January 10, 1994. People who have joined come from all parts of the gymnastics community: coaches, judges, state and regional champions, gymnasts, even fans of our sport.

If you have not joined and you have a computer with a modem, use it to dial 1-800-345-4434. Once connected, press <RETURN> three or four times and on the USERNAME prompt type JOINDELPHI and at the PASSWORD prompt type GYMNASTICS. Then just follow the menu to join USA Gymnastics Online!

## JOHN ROETHLISBERGER WINS NCAA TOP SIX AWARD

The NCAA Sports Committee searches through numerous nominations for the recipients of the Today's Top Six awards. Selection is based 50 percent on athletic ability, 25 percent on academic achievement and 25 percent on character, leadership and service. John Roethlisberger, from the University of Minnesota, was awarded the NCAA Top Six Award.

Roethlisberger is a three-time NCAA all-around champion and holds all-around titles in the past two years and parallel bars. He is a 15 time all American and has captured 12 Big Ten Conference individual titles on his way to being a four-time Big Ten Gymnast of the Year.

A 1992 Olympian, Roethlisberger is a three time national winner in the all-around and has been a U.S. national team member since 1989.

Roethlisberger is the NCAA postgraduate scholarship recipient. He and his sister, Nicole, who was a 1994 Olympian in gymnastics, are the first brother-sister team to win the NCAA Top Six Award. Nicole won the award in 1991.



Men's Senior National Team members: 1. John Roethlisberger, 2. Scott Kowick, 3. Mihai Bageu, 4. Chelney Umphrey, 5. Blake Wilson, 6. Drew Duerksen, 7. Bill Roth, 8. Rip Simons, 9. Jeff Lutz, 10. Steve McGain, 11. Jarr Lynch, 12. Robbie Keffler, 13. Bo Hawn, 14. Brian Yan.



# MILLER!

## SULLIVAN AWARD NOMINEE

Shannon Miller is one of 10 nominees for the 1993 Sullivan Award, an honor presented annually by the Amateur Athletic Union to the outstanding amateur athlete in the United States based on the qualities of leadership, character, sportsmanship and the ideals of amateurism.

Other nominees include: football player Charlie Ward, basketball player Bobby Hurley, wrestler Bruce Baumgartner, sprinter/hurdler Gail Devers, figure skater Brian Boitano, speedskater Dan Jansen, decathlete Dan O'Brien, basketball player Sheryl Swoopes, and swimmer Jenny Thompson.

The AAU Sullivan Award, considered the "Oscar" of sports awards, was established in 1930 in honor of James E. Sullivan, a founder and past president of the AAU. The Award will be presented in Indianapolis, Ind., at a dinner honoring the finalists on Monday, March 14.



Photo by Bob D'Amico

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# THE BALANCE BEAM BODY WAVE

By Tom Gell

Program Director / Head Coach Coach USA  
National Junior Olympic Program Chairman

Many gymnasts across the country spend several hours practicing skills on the balance beam. Level 5 and 6 gymnasts practice cartwheel after cartwheel and back walkover after back walkover. There is no doubt that these skills require a great deal of practice.

There are, however, other skills (dance related skills) that also require time and attention. One of these skills is the body wave. It might not seem as difficult to master as the cartwheel, but many gymnasts look like Frodo Baggins when they perform a wave. That can really pile up deductions just as fast as a poorly performed cartwheel.

In this article you will find some tips on how to practice and perform a great body wave on the beam with little or NO deductions.

Comments: Please submit your Reebok conditioning ideas to the Coaches' Circuit, c/o USA Gymnastics magazine, P.O. Box 1000, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

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## 1. LEAD UP DRILL—BODY ROLL

Practice this movement on the floor. Get on your hands and knees with your back slightly arched. Move pull in your stomach, round your back like a cat, then parallel your body in a straight position on your knees. Leave your arms down during the drill and head down neutral. As you begin to pull in your stomach, drop your chin to your chest. As you roll up, release your chin to the neutral start position. Practice this many times until it becomes smooth.



## 2. BODY ROLL WITH ARMS

Next, add the arms. Start with your hands moving on the floor under your shoulders. As you pull in your stomach, lift your hands off the floor softly and draw them up in front of your legs as if your middle fingers were clock and you were drawing a line up your legs. When your fingers reach your nose, lift them in front of your body then over head. To create a soft, graceful look to the arms, imagine that you are lifting a big round beach ball from your waist to over your head. Think of holding the ball, not cradling the ball. Cradling the ball gives that "Frodo Baggins" look!



## TIPS ON HOW TO MAKE YOUR WAVE SMOOTH

1. Finish with ankles right and on high toe.
2. Finish with feet right.
3. Finish with shoulders pressed down.
4. Finish with ribs in and chin up.
5. Focus at the end of the beam.

CONTINUED NEXT PAGE



# THE BALANCE BEAM BODY WAVE

## 3. ON YOUR FEET

Now it's time to add the legs. In my opinion, this is when each individual style becomes important. I cannot tell you exactly when to add (bend) your legs because each person will do it differently depending on the length of their legs. Start standing on your toes with your arms in a cross. Lean forward from the waist with a flat back. Bend the knees and gently lower the arms to touch the middle fingers on the floor. Turn the body off now. Draw the arms up the legs over the armpits. The legs will straighten slowly as the arms release. Stand in the same position that you started with the arms in a cross above your head.



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